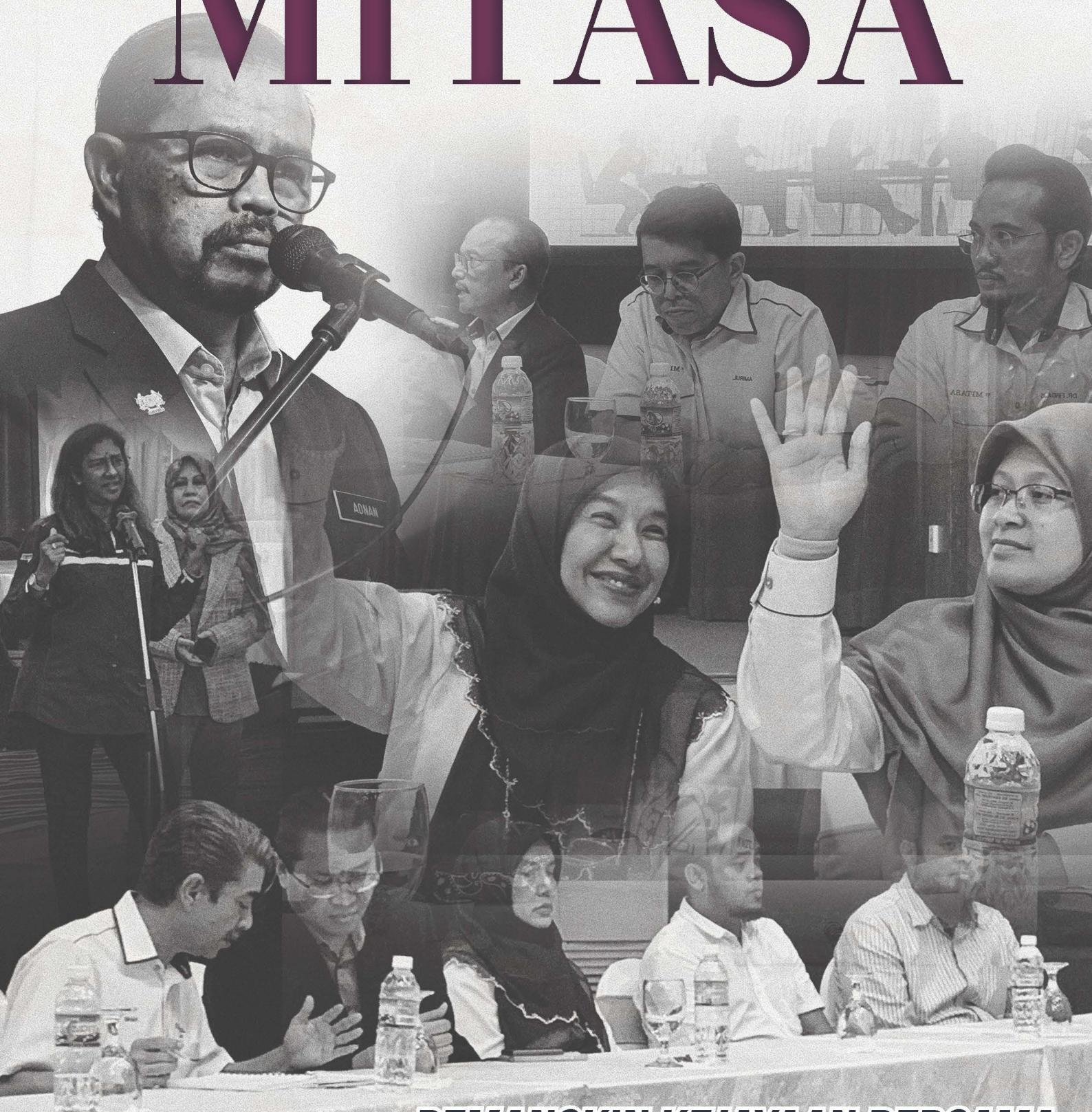


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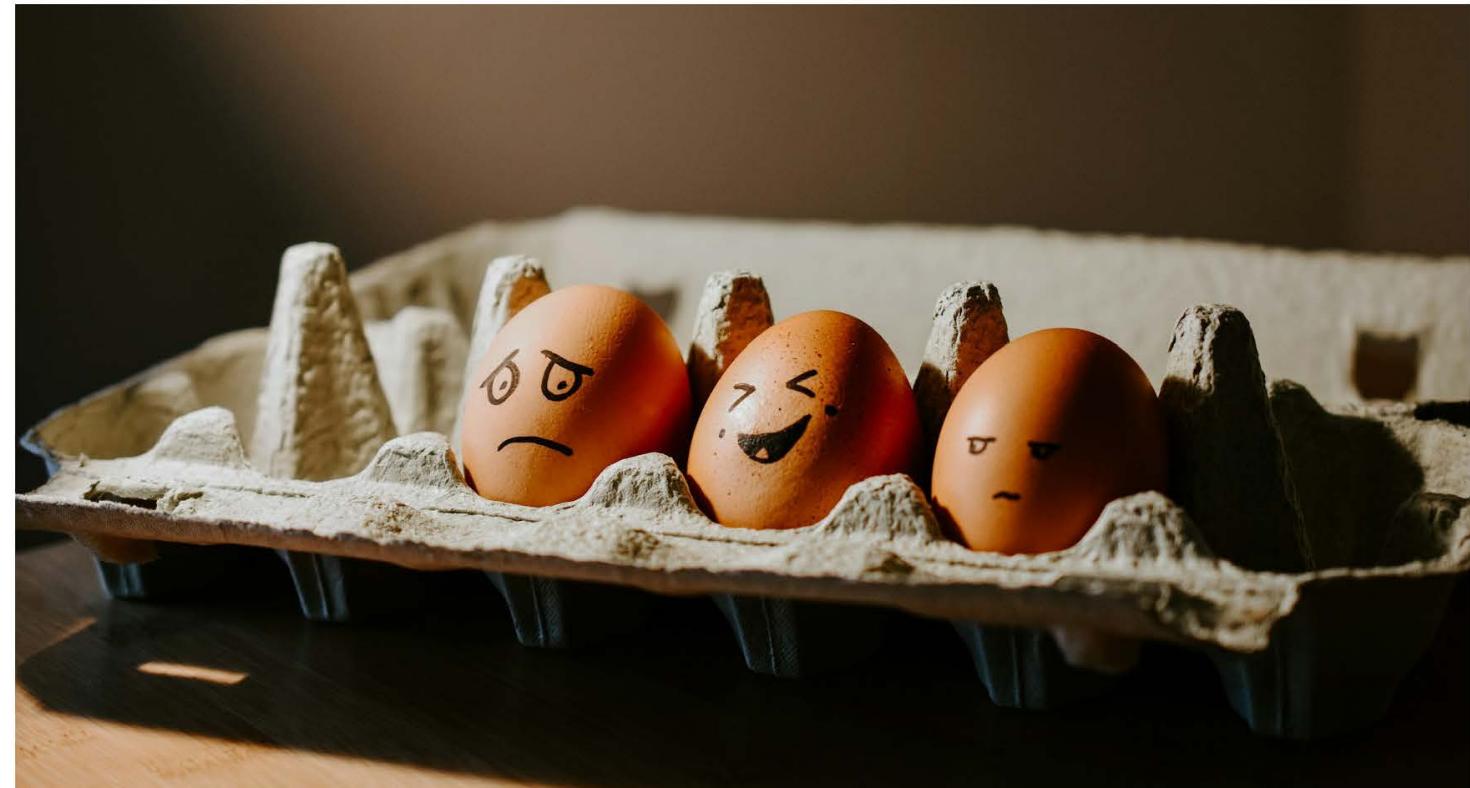
PEMANGKIN KEJAYAAN BERSAMA

OMBUDSMAN
DAN UNIVERSITIMESYUARAT AGUNG
TRI TAHUNAN MITASA
2025-2028MAJLIS SAMBUTAN HARI
DAN BULAN AKADEMIA
UITM 2025PEMBENTANGAN LIMA KERTAS KERJA
KESETERAAN PENYELIAAN MELIBATKAN
KENAIKAN PANGKATWACANA TOKOH: BAHASA DAN JATI DIRI
BANGSA DI KONVENTSYEN 152 PERINGKAT
KEBANGSAAN 2025

Measuring Joy: Happiness Index and How APB Brings It to Life

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Pensyarah Kanan, Akademi Pengajian Bahasa

The Happiness Index is a data-driven indicator that stands out, not because of its monetary value but because of the emotional value it brings. This index aims to assess the values of happiness, contentment, sadness, and a sense of well-being.



APB's Approach: Celebrating Happiness with Heart

The Happiness Index helps us remember that people, not numbers, make success possible. Working at Akademi Pengajian Bahasa is like being a part of a large joyful family. The Happiness Index Activities at Akademi Pengajian Bahasa go beyond just a simple checklist. They represent a work-life balance by incorporating emotional support, physical well-being, professional advancement, and a spiritual foundation.

The Brisk Walk Programme

One standout initiative is the Brisk Walk Programme, held multiple times in 2024 and 2025. This wellness activity was designed to promote physical health and work-life balance among lecturers and administrative staff.

This programme is a health-focused project that continues to encourage staff members to move, be conscious, and make meaningful connections with each other. It offers staff a chance to step away from their desks, enjoy fresh air, and engage in light physical activity that boosts both physical and mental health. By integrating wellness into daily routines, APB proves that small steps can lead to big strides in shaping a happier, healthier workplace.

The Hari Raya Aidilfitri Celebration

The Hari Raya Aidilfitri Celebration at APB was a joyful and culturally rich event that brought in a sense of togetherness and appreciation. The celebration was a perfect blend of tradition and good vibes while aligning with APB's commitment to promoting joy, togetherness and cultural appreciation. Whether through food, melodies, or heartfelt connection, APB ensures that Hari Raya is celebrated with warmth and meaning every single year, without exception.

The APB foyer was transformed into a festive space decorated with colourful ketupat decorations, fairy lights, and a photo booth that captured the spirit of Syawal. Seeing students and staff come together in traditional attire, sharing stories and laughter, was truly heartwarming.

The celebration was not only a cultural festivity but also a strategic Happiness Index within the academic community. As one APB lecturer put it, "This event reminds us that happiness is found in togetherness, in honouring our roots, and in sharing joy across languages and cultures." APB truly embodies the essence of #KeluargaUiTM, where happiness is delivered through shared experiences within the workplace environment.

PERFECTION IS NOT ATTAINABLE.

**BUT IF WE CHASE PERFECTION,
WE CAN CHASE**

EXCELLENCE.